



Emotional Learning Teaching Points

By Rachael Moloney
Mindfulness & Wellbeing Educator

Self-Regulation Through Crying - Crying can regulate our emotions by helping us recover, get relief, and a sense of control after big feelings or a stressful event. Chucky's dad so beautifully supports and encourages Chucky to release his big feelings through his tears. This book demonstrates how crying always helps Chucky feel calm and helps his body come back into balance again. Research has found that crying releases oxytocin and endorphins. These chemicals make people feel good. We can all support our loved ones to cry more when our bodies and hearts need to and this book will show you exactly how.

Empathy – Chucky's father always displays empathy and sits by Chucky's side and supports him with his big feelings. He never leaves him alone. It is not the feeling that overwhelms our children, it is the aloneness with their feelings that does. Encouraging Chucky to feel and release his big feelings through his tears means he is never alone or overwhelmed. This book so beautifully shows us how we can do this for our children. Chucky develops empathy by feeling how his dad is feeling when his sister is unwell. He hugs his dad and suggests for him to cry hard. Such a beautiful reminder for us as adults too.

Emotional Intelligence -Through the support of his beloved father Chucky is able to develop his Emotional Intelligence. He learns the ability to understand, use, and manage his own emotions in positive ways to relieve stress through 'crying hard.' This book shows how little people can overcome big challenges. There are many challenges Chucky moves through with the loving support of his father!

Resilience – Chucky models resilience by being able to cope with tough events. When something bad happens, he still feels anger, grief and pain, however he is able to keep going with the support from his father encouraging him to release his big feelings safely through having a good cry. 'Cry Hard Chucky' shows how resilience isn't about putting up with something tough or coping on your own, it shows how being able to reach out to others for support is a key part of being resilient and your child can learn how to do that the same way that Chucky does.